

St. Michael's Alumnae News

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VOL. 4.

TORONTO, MARCH, 1939

No. 2

ANNOUNCEMENT!

The Annual Alumnae Meeting of St. Michael's Hospital, Training School for Nurses, with election of officers will take place in the Lecture Hall of the Nurses' Residence on Tuesday evening, March 21st., at 8.15 p.m.

Miss Hilda Kerr, 60 Emerson Avenue, is convener of nominations. All members of the Alumnae (both active and associate) are cordially invited to be present.

QUARTERLY MEETING

The quarterly Alumnae meeting was held on December 6th with Miss Helen Hyland, presiding.

Mrs. John Davidson gave a very interesting talk on "The Life of Madame Curie."

A report by the treasurer, Miss Marie Pilon, showed a balance in the bank on November 30th, 1938, of \$664.86.

Mrs. Alice Romano gave the Registry report.

Miss Grace Murphy gave a report on Registration of our hospital in New York State. The demands are in excess of its advantages and the hospital does not intend to renew registration in view of the laws demanding citizenship papers in 1940.

It was recommended that the Committee appoint an authorized auditor to audit the books.

Miss Marcella Berger's name was drawn for

MACHREE

Pray come and unfold the strange secret to me
And tell what an Irishman means by "Machree"
'Tis the white of the day and the warmth of the sun

The ripple of waters that laughingly run:
The sweet bloom of youth, the harvest of years;
The gold of all smiles and the salt of all tears:
'Tis the thrill of the hand and the light of the eye,

The glow of the cheek and the lips, softest sigh
'Tis the gladness of welcome, the pang of farewell,
And the loneliness left by the funeral knell;
'Tis father and mother: 'Tis children and wife
The music of women's — the wine of man's life
'Tis all that he lives for and hopes for above:
'Tis an Irishman's heart making vocal his love
The whole of creation — One isle of the sea
And that's what an Irishman means by "Machree."

—Francis P. Donnelly, S.J.

the attendance prize but had to forfeit it as she was not present.

The assistant conveners for the annual bridge on April 18th, are as follows: Mrs. Walter Dunbar, Mrs. J. C. Theobald, Mrs. Howard A. Lowrie, Mrs. W. H. Wragg, Mrs. T. E. Scully, Laura McGurk, Irene Nealon, Audrey Kearns, Grace Murphy, Marcella Berger, Dorothy Lane, Rita Wiggins, Clare O'Hagan, Marjorie Larkin.

The Alumnae Association of St. Michael's Training School of Nursing

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A FEW REFLECTIONS ON NIGHT DUTY

By Mgr. Canon Jackman

"Great things happen in the dead of night—the Word that was made flesh came then to dwell among us. And to thousands of us it is in the quiet of the night that God speaks and we hear."

Dear Nurses,—Every one of you has at regular periods and intervals to take her turn at night duty, and whilst it cannot be pleasant in itself, there is always a Catholic way of making a virtue of necessity. And let me first remind you that there is a way of making pleasant things that are not, by concentrating attention on what you might care to choose as their pleasant side. Everything has a disgusting and an attractive side. If you concentrate your attention on the repulsive, the immediate effect is to make it more repulsive. And in the same way, if you concentrate your attention on the attractive aspect of a thing, you make it more attractive. The focussing of attention on any object, intensifies that object, and throws all the rest into the shade and into oblivion. If you dislike night duty, you will find all the reasons against it, you will think of them, speak about them, exaggerate them, until in your mind night duty becomes a regular torture. But this is not the way to be happy in this world. The right way is if you find night duty a nuisance, simply not to think of the nuisance never to speak about it, to eliminate it! And you will find that since all happiness is in the mind, a nuisance that is not there, cannot make you unhappy.

That is why I should wish to speak about the advantages of night duty, so that you think of them, speak of them, fill your minds with them, and the result will be that you will love night duty. After all, you have to go through with it, and you might as well make it a pleasure, when you are about it, rather than make it a nuisance.

First, night duty takes you out of a very noisy world, a nerve-racking world, where everything is hurry and bustle and noise, and places you alone in a quiet, soft-treading world. You may hear a few snores, a few moans occasionally; but the atmosphere is dark, calm, quiet, silent, noiseless. This is exactly the atmosphere needed for the mind to find full scope for thought. And just as the stomach likes to digest, the eye to see, the ear to hear, the skin to touch and to feel, so the mind loves to think, to ramble undisturbed among thoughts and pictures that are pleasant, useful, invigorating.

Silent night intensifies reading, and the more useful your reading is, the deeper it goes into your minds and remains there. Even novels are more pleasant to read at night time, when nothing interferes with the play of your imagination. But we may go further. The loneliness of night is the best refuge for serious thought because silence and loneliness are impressive and tune the mind to a higher pitch than in day time. Try once at night, when you are alone in your ward, and all is still, to think of God: not merely to think of Him, but to search for Him in your thought: first wondering whether there is a God at all: even going so far as to imagine that there is no God; and then realise the feeling of loneliness that would come over you, if you were alone in this dark and silent world with nothing to hold on to, a speck in the immense space of nothingness, without a purpose, without a goal, without a support: and once you realise this, how easy it is at once to pray, that is, to speak to the infinite, kind and gentle Being that surrounds you on all sides, that holds you, and keeps you alive for a higher life. Such a search for God is well nigh impossible in day time, amid the bustle that keeps the mind on tenterhooks and paralyses thought.

Night duty is the best opportunity for thinking of God: it is also the best time for thinking of self. After all, it is only by thinking that one can get a tight grip of oneself. Mind is the ultimate controlling power of one's body, one's feelings, one's passions; and it is self-control that makes the perfect human being, the perfect woman. But for the mind to become such a controlling centre, it must sometimes be left to itself, in quiet and silent solitude. It is at night time one realises best what a fool one made of oneself in the day time, when one lost one's temper; how futile the excitement was; what a waste of energy, and time and self-respect. It is at night time one can quietly look back upon the day, its incidents, its wastes, and also its gains, its opportunities for building soul and character. And it is at night time one can easily map out one's life, one's conduct, and lay the foundations of a useful life and of a truly Christian and womanly character.

Such thoughts have a sobering effect on one's life, and I am sure that a regular repetition of night duty must in the long run produce a wonderful balance in one's thoughts and character.

Now if you think of this occasionally, discuss it with other nurses, if you do not feel too shy to do so, or discuss it with yourselves, and you will find that night duty takes on another aspect, that may appeal to you, and that it is worth the little hardship it entails. God bless you.

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OVER THE COFFEE CUPS

Mrs. W. J. Doyle (May Leonard) of Fargo, U.S.A., is reported recovering from a recent illness.

Mrs. Wm. Schmitt (Holly Grogan, '20) and her two sons of New York City visited in Toronto recently.

Mrs. Philip Paye (Sue Hunt, '32) is now living in Washington where her husband, Dr. Paye, has received an appointment.

Peary Coffee, '26, had the good fortune to attend the Eucharistic Congress at New Orleans.

Yvonne FitzGibbons, '37, is taking a post graduate course at the Women's Hospital in New York City.

Helen Hyland spent a very pleasant week-end recently with Helen Stock who is at Harper Hospital, Detroit. Together they visited Dr. and Mrs. Terry Robert (Norah Gleeson) in Windsor.

Dorothy Regan, '25, is now at Palm Beach on the Rockefeller Estate.

Marie Pilon, who has been away for some time visiting in California, was last heard from, enjoying the San Francisco World's Fair.

Had a card from Claire Cronin, who is enjoying herself at Fort Lowderdale, Florida.

Theresa Harrison who has been doing floor duty in Detroit Hospital has returned to Toronto.

Leone Noecker has gone to Bermuda to take up research work at the King Edward VIII Hospital.

Dorothy Bond is doing floor duty at Sick Children's Hospital.

Ruth Steele has accompanied a patient to New York.

Florence Kuntz, '26, who has been on a very long case, was taken ill suddenly with pneumonia a couple of weeks ago while visiting in Guelph and is at present in St. Joseph's Hospital there. We hope you are feeling better by now, Florence.

Mary McGeady, '38, is at the Yonkers General Hospital, New York.

Mrs. Charles La Bien (Clare Kelly) is spending the winter months in Hollywood, Florida.

Many tedious weeks of painful illness in hospital have failed to rob Aileen Riordan of her smile or sense of humour. "More power to you," Aileen! We hope you will soon be "fit as a fiddle again."

Clara Beall, '27, has an office in the Park Plaza Hotel for colonic irrigation work.

Helen Cronin, '30, and Peg. MacDonald, '30, had a delightful week-end recently in Cobalt visiting Mr. and Mrs. C. McAlpine (K. McAuliffe, '30).

Mae Madden is at the Veterans' Hospital in London.

Mrs. Daniel Woolingham (Edna Dias, '22) is living in Middlesex, England.

Mary Brown has gone to New York.

Muriel Greene was in a motor accident recently. The car in which she was driving was struck by a T.T.C. Bus. How did it feel, Muriel, to be brought into hospital as an emergency patient?

Mrs. G. H. Morris (Marg. Malyea) has returned to Toronto.

Helen Sexton has a nice position in the office of Dr. John McKenna in the Park Plaza.

Marion Holmes suffered a broken ankle recently and was a patient in hospital. Hope the injured member is better now, Marion!

Ethel Moran, '34, who is on the staff at Presbyterian Hospital, New York, was home for a while at the beginning of the year. Her mother was painfully injured in a motor accident the week between Christmas and New Year's.

Bernice Fischer, '36, was on duty recently at the hospital. This is Bernice's first experience with 8 hour duty.

Mrs. F. Green (Kay Binions, '26) who has been ill in hospital is reported as progressing favourably.

Patricia McNamara, '24, has been accepted as stewardess on the Trans-Canada Airlines.

More than a thousand applications were received for the few positions open. The requirements are very rigid and candidates are only accepted on probation.

Congratulations and best of luck Pat!!!

Please 'phone news items for this column to Irene Sennett, L.O. 9964.

ENGAGEMENTS

The hospital suddenly seems to be glistening with beautiful diamond rings.

The very pretty one on the left hand of Helen Heffernan, '34, who is on floor duty on 6A, means that she is soon to become Mrs. John Klinck.

On April 6th, 1939, Phylis Reid is to be married to Mr. Rowan Wilson.

Two other brides-elect who have chosen April of this year are Katherine O'Brien who is to marry Mr. Charles C. Shea and Eleanor Flahiff who will wed Mr. George Cleary of St. Catharines, on April 15th.

Another interesting engagement is that of Donna MacLeod, '37, to Dr. John McCaffrey who is now at the Vancouver General Hospital.

Cele O'Donnell, '32, is wearing a pretty ring on "that certain finger" and the lucky man is Mr. Jerry Finnigan.

Two other possessors of lovely rings are

Arisa Armstrong who is engaged to Mr. I. T. Dryden and Rita St. Amand to Mr. John Moore of Sudbury.

WEDDINGS

Mary McLaughlin, '31, married last May to Mr. Ted Grierson. Living in Malartic, Quebec.

Dorothy Hall, '32, married to Dr. B. O. Fife, on October 10th.

Alexa Kemp, '31, married on December 7th, to Mr. Joseph Rankin.

Genevieve (Dolly) McCarthy, '29, married at Blessed Sacrament Church, on February 11th, to Mr. J. J. O'Hagan. To live in Albany, N.Y.

Marguerite McKenty, '33, married at St. Peter's Church, January 25th, to Mr. J. Hourd.

Eleanor Thompson, '36, married at the Church of the Assumption, Windsor, on February 11th, to Mr. John Murphy. The ceremony was performed by Reverend Father Thompson, brother of the bride.

Tillie Bandell married on February 11th, in Oshawa, to Mr. Alfred Heffring.

Margaret (Dolly) Owen, '33, married at St. Brigid's Church, on November 26th, to Mr. Chris. Munro.

Edith Murphy, '36, married to Mr. B. Carroll. Living in Buchan, Newfoundland.

CONGRATULATIONS TO

Dr. and Mrs. Graham Chambers (Mil. McCrohan) on the birth of a son (Owen) on Sept. 29th.

Mr. and Mrs. Geo. A. Hatch (Patricia Campbell, '32) on the birth of a son.

Mr. and Mrs. Leo O'Brien (Bertha Gebert, '35) on the birth of a daughter (Maureen).

Mr. and Mrs. A. B. Baker (Marg. McArthur, '32) on the birth of a son (Archibald Paul) on November 20th.

Mr. and Mrs. B. E. Kahnert (Mary Quinlan, '32) on the birth of a son (Peter Bernard Arthur) on November 2nd.

Mr. and Mrs. J. Murray McGee (Ruth Devlin, '29) on the birth of a son (Murray Edward) on November 23rd.

Mr. and Mrs. Perrin Johnston (Peg King, '30) on the birth of a son (Robert Perrin) on December 4th.

We extend our sympathy to the following in their recent bereavements

Mrs. George La Beau (K. Lavis, '26) on the death of her husband.

Mrs. Philip Paye (Sue Hunt, '32) on the death of her father.

Mrs. Dunn (Patricia Dunn, '32) on the death of her infant daughter in January.

Grace Coyle on the death of her brother.

Marie O'Brien on the death of her mother in Grafton, Ontario.

K. Meagher on the death of her father in South Gloucester.

Mrs. Peter Roche ('Nita McGuiness) on the death of her mother in New Brunswick.

Eileen Costello on the death of her father.

Ella Cosgrave on the death of her sister.

Mary and Margaret MacDonnell on the death of their brother.

Hilda Walsh on the death of her father and brother.

Kathleen Byrne on the death of her father.

Aileen Reynolds on the death of her sister.

TO SISTER ARSENIA

So God has called you Home, dear gentle friend.
Your tired eyes have looked upon His Face
And near His Sacred Heart your weary soul
Has found at last, eternal resting place.

Dear Sister, we will miss your merry smile,
Which cheered us, oh so often, on our way
And smoothed so many times the little cares
That enter in the nurse's busy day.

We'll miss you at the bed side, where the shade
Of Death the Reaper falls. For you were there
So often whispering words of hope and love
To speed the parting soul with tender care.

We loved you well, dear friend, when you were here;

Your gentle kindly ways made you our own.
Forget us not in Heaven. We pray for you
Where oft we found you, near the Altar Throne.

*Sister Arsenia died at St. Michael's Hospital,
December Thirtieth, Nineteen Hundred and
Thirty-Eight.*

HOSPITAL HAPPENINGS

We wish to express our gratitude to Father Leo Smyth for the Requiem Mass celebrated in the Hospital Chapel on November 10th for deceased members of the Alumnae.

* * *

Our former chaplain, Father Wilfred Smith, was a patient during January. It seemed quite like old times to see Father in hospital corridors again.

* * *

The series of lectures given by the staff doctors on the Tuesdays of November were well attended and very much appreciated by all who had the good fortune to be present.

Mrs. Frank Foy (Edna Overend, '22) was elected president of the Women's Auxilliary. Congratulations, Edna!

* * *

Miss Joan Mosteller, president of the Inter-school Undergraduates' Association, has resumed training after a very severe illness. Glad you are feeling better, Joan!

* * *

The Class of '40 held its anniversary dinner at Hunt's Savarin on February 15th. Fourteen were present to enjoy the fun. A "speedy recovery" was toasted to Miss Kay Stuart and Miss Gladys Simpson who were absent on account of illness.

* * *

A "Black Band Dinner" for the September Class of '39 was held in a private dining room at Diana Sweets, Bloor St., on February 20th. Twenty-four attended and enjoyed the delightful affair.

* * *

The Training School "Uniform Dance" which was to have been held in February has been postponed indefinitely on account of the prevalence of "flu."

* * *

Just a word in passing to acknowledge and express our appreciation of the meals being served to the graduates.

From time to time on occasion when we were dissatisfied we lost no time in conveying our grievance to those in charge.

Likewise now, we take pleasure in complimenting the person or persons who are either directly or indirectly responsible for the wholesome meals served to us, especially the nice hot dinners served individually.

SUGGESTION BOX

We would like to remind the nurses of the Suggestion Box which has been placed in the graduate nurses' dining room for the purpose of "constructive criticism."

Although signatures are not necessary, it is requested that the "notes" placed in the box, be of a polite nature, and submitted as aforementioned in a spirit of constructive criticism and NOT in a spirit of unkindliness.

If in your practical work you happen to make some personal observation or discovery even though apparently unimportant which you feel, if brought to the attention of those in charge might prove of benefit in helping to promote hospital

efficiency we ask you to put it on paper and drop it in the suggestion box.

By discussions among ourselves we gain nothing. It is only by submitting our suggestions to the proper authorities that we can expect cooperation.

R. N. A. O. NOTES

At a meeting of District 5, Registered Nurses' Association of Ontario, held February 3, in St. Michael's Hospital, plans were discussed for the entertainment of delegates to the annual meeting of the association in Toronto in April. Miss Laura Gamble and Miss Pearl Morrison were appointed delegates to the meeting. The membership committee reported an increase of 158 in the last year.

The officers elected were: Chairman, Miss Gamble, vice-chairman, Miss Frances Matthews; secretary-treasurer, Miss Kathleen McNamara. Conveners of sections are: Private duty, Miss W. Hendricks; nurse education, Miss Hilda Bennett; public health section, Miss Laura Webb. The six councillors are: Miss Florence Breedon, Barrie; Miss Evelyn Graham and Miss Agnes Neill, Toronto; Miss A. Bell, Weston Sanatorium; Miss Edna Moore, Provincial Department of Health; Miss Wheeler, public health nurse for Forest Hill.

The 14th Annual Meeting of the Registered Nurses' Association of Ontario will be held in the Royal York Hotel, Toronto, on Thursday, Friday and Saturday evenings, April 13th, 14th and 15th.

Thursday will be devoted to the reports of the Committees. In the afternoon at 5.30 the delegates will be entertained at tea at the Royal Ontario Museum, the guests of District Association No. 5 (Tickets to be obtained upon registration). The world-famous Chinese Gallery will be open to the guests.

In the evening at 8.30 there will be an open meeting when Dr. William Boyd, Professor of Pathology and Bacteriology at the University of Toronto, will speak on "Cancer Research."

On Friday afternoon the Symposium is listed for three o'clock. In the evening the banquet will be held in the Ball Room at 7.30 when Mr. C. R. Sanderson, B.Sc., Chief Librarian of the Toronto Public Libraries, will give an address entitled, "Sense and Nonsense."

Saturday morning's session will consist of Reports of Three Sections, Report of Resolutions Committee, Election of Officers and all unfinished business, with adjournment at 12 noon.

EDITORIAL

Editor—K. Welsh.

Assistant Editor—Mary Hughes.

Social Editor—Irene Sennett.

Reporters—Mrs. Scully, Mrs. Walter Dunbar, Mrs.

Wilfred Higgins, Marcella MacDonald, Constance Bond, Delia Murphy and Rita Wiggins.

Advertising—Marie Pilon.

Mailing—Bertha Ryan, Mrs. Alice Romano.

By the time our paper reaches its readers a new successor will have been elected to the See of St. Peter in Rome. But at the moment of writing the late and beloved Holy Father Pius the Eleventh has but recently closed his eyes in death.

With millions the world over we are saddened by the passing of the "Pope of Peace" and unite our prayers with those of all Catholics in beseeching Almighty God to grant him eternal rest in peace.

Because it is Lent, and because like so many others we feel we have been remiss in many things pertaining to the welfare of our souls we are going to make an attempt to cooperate with His Excellency Archbishop McGuigan in his efforts to encourage and promote Catholic Action among the laity.

We would like to offer by way of suggestion that each and every Catholic member of the Alumnae who have not as yet done so, become an active member of one of the Nurses' Study Groups.

We must confess that when the idea was first introduced to us, our personal reaction was one of skepticism. We were of the "old school," so to speak, labouring under the delusion that the explanation of our religion and its truths, should of necessity come from the pulpit or at least, we felt, should be taught by persons who had dedicated their lives to the service of religion.

But — attendance at just one of these interesting and instructive Study Group Meetings was enough to disillusion us, quickly and completely.

What we feared would be a "prosy," dull and dry ordeal proved a most enlightening and entertaining affair. We were immediately converted to the cause. Almost a case of "And those who came to scoff, remained to pray."

Each group is comprised of a membership of eight who meet once a week at the various members' homes for the purpose of discussing Religion for one hour (*by the clock*).

Immediately following the hour of spiritual activity the evening becomes one of those nice, chatty, social "get-togethers" that we all enjoy very much.

So we promise you that if you will investigate for yourselves that you too will be pleasantly surprised, and in becoming a member will anticipate these weekly affairs with a great deal of enthusiasm.

Study Group information may be obtained by calling Audrey Kearns at Melrose 0792.

HOME REMEDIES.

By Edgar A. Guest.

When I was but a youngster small,
when one of us fell ill,
The mother dosed us first of all
with just a quinine pill.
The mustard plaster followed next;
if vain that seemed to be,
She brewed a most distressful cup
then known as flaxseed tea.
But when exhausted were her means,
if she had need of more,
To sit upon the case she called the
friend who lived next door.

They pinned their faith to senna
tea and camphorated oil
And something with a curious name
which looked like garden soil,
But if the fever didn't break and
worse the patient grew,
The lady just across the way was
asked what she would do.
If she said: "Call a doctor in," as
by the bed they sat,
It frightened mother just to think
us sick enough for that.

Those were the days when doctors knew
whenever they were hailed
That all the herbs and poultices
and quinine pills had failed;
The neighbors all had given up
the fight they couldn't win.
The dreadful time had come at
last to call the doctor in.
Yet looking back sometimes
I think with all that we endure
There wasn't very much distress
that mother couldn't cure.

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